

Delivery System

Examples of Interdependent Competencies of the Iowa School Counseling Framework

Elementary

Academic Development Skills	Career Development Skills	Personal/Social Skills
<ul style="list-style-type: none"> • Articulate competence and confidence as a learner • Identify attitudes and behaviors that lead to successful learning • Apply time and task management skills • Demonstrate ability to work independently as well as cooperatively with other students • Apply study skills for academic success 	<ul style="list-style-type: none"> • Develop an awareness of personal abilities, skills, interests, and motivations • Learn to make decisions and set goals • Understand the relationship between educational achievement and career success • Learn to work cooperatively as a team member • Develop hobbies and vocational interests 	<ul style="list-style-type: none"> • Recognize, accept, respect, and appreciate individual differences • Use effective communication skills • Know how to apply conflict resolution skills • Apply effective problem-solving skills to make safe choices.

Middle School

Academic Development Skills	Career Development Skills	Personal/Social Skills
<ul style="list-style-type: none"> • Implement student core curriculum plan • Demonstrate dependability, productivity, and initiative • Learn and apply critical thinking skills • Use knowledge of learning styles to positively influence school performance • Establish challenging academic goals • Use assessment results in educational planning • Seek co-curricular and community experiences to enhance the school 	<ul style="list-style-type: none"> • Acquire employability skills such as working on a team, problem-solving, and organizational skills • Use technology to access career planning information • Demonstrate awareness of the education and training needed to achieve career goals • Select course work that is related to career interests • Use employability and job readiness skills in extended learning experiences 	<ul style="list-style-type: none"> • Identify personal strengths and assets • Develop an action plan to set and achieve realistic goals • Learn techniques for managing stress and conflict • Differentiate between situations requiring adult / professional help • Learn about emotional and physical dangers of substance use and abuse

High School

Academic Development Skills	Career Development Skills	Personal/Social Skills
<ul style="list-style-type: none"> • Develop & implement an annual plan of study • Become self-directed and independent learner • Identify postsecondary options consistent with interests, achievement, aptitude, and abilities • Demonstrate the ability to balance school, studies, extracurricular, leisure time • Seek co-curricular and community experiences to enhance the school 	<ul style="list-style-type: none"> • Apply decision-making skills to career planning, course selection, and career transitions • Understand that the changing workplace requires lifelong learning and acquiring new skills • Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing, or mentoring 	<ul style="list-style-type: none"> • Identify alternative ways of achieving goals • Use persistence acquiring knowledge and skills • Learn coping skills for managing life events • Learn about the relationship among rules, laws, safety, and the protection of an individual's rights